

SAFE CONVERSATIONS PRACTICE

MIRRORING AN APPRECIATION

Instructions

- 1 Decide who will be the first Sender and who will be the Receiver.
Express only ONE appreciation.
- 2 Follow the structure and use the sentence stems **precisely** as indicated.
- 3 When all the steps are completed, switch roles and repeat the process.

MAKING AN APPOINTMENT

Sender: I would like to express an appreciation. Is now a good time?

Receiver: I'm available now.

CONNECTING NON-VERBALLY

Make eye contact and take three deep breaths in sync.

SHARING THE APPRECIATION

Sender: ONE thing I appreciate about you is...

MIRRORING AND CHECKING ACCURACY

Receiver: *Mirrors:* Let me see if I've got it. You said...
Checks for accuracy: Did I get it?

Sender: Yes, you got it. -or-
The part you got was... and I also said...

Receiver: *Shows curiosity:* Is there more about that?

Sender: Yes. When you do that I feel ... - or -
When I see that in you, I feel ...

A NOTE TO THE RECEIVER



If you get on overload, raise your hand and say: "I'm on overload, let me try to mirror you back so far."

NOTES

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MIRRORING AN APPRECIATION *(cont.)*

Receiver: *Continues mirroring.*
Checks for accuracy: Did I get it?
Shows curiosity: Is there more about that?

Sender: When I feel _____, it reminds me of a time in the past when I felt... (or) did not feel.....

Receiver: *Mirrors: Let me see if I got that...*
Checks for Accuracy: Did I get it?
Expresses curiosity: Is there more about that?

Continue the process until the Sender agrees the Receiver "got it."

SUMMARIZING

Receiver: *Mirrors: Let me see if I got all of that. In summary, you are saying ...*
Checks for accuracy: Did I get it all?

Sender: *Listens to the summary and verifies accuracy.*
Yes, you got me. -Or- The part you got was ... and I also said...

CLOSURE

Sender: Thank you for listening.

Receiver: Thank you for sharing.

Give each other a one-minute, full body hug.

SWITCHING ROLES

When all the steps are completed, switch roles and repeat the process.

NOTES
